

Abstract

Title: Impact of specific stick on the effectiveness of the basketball shooting.

Objectives: The objective of this assignment is to proof better effectiveness of the basketball player's shooting of free throws by using the specific stick Propriomed.

Methods: The base of the experiment is noting the results of free throw shooting with use of Propriomed and without Propriomed. The experiment was performed on the beginning of the training. There were invited 17 probands in age of 25-30. Out of that 12 probands were randomly selected to special group and 5 were given to control group. The test group was established by basketball players from BLC Sparta Praha B. There was used Propriomed 100/3.

Results: We recognized that there was significant improvement in free throw shooting with using Propriomed. There was slightly better effectiveness in the beginning of the training than in the end. Players subjective feedback given was stated as "easiness shooting hand". Also more attempts were directly scored to basket, when the ball not touched the ring or the board.

Conclusion: Exercise with Propriomed is useful for basketball player's during the training of shooting.

Keywords: Propriomed– shooting – basketball – posture